

nutri**light**

The Fox

User Manual



● Light Therapy with Nutrilight

Welcome to the future of wellness and healthcare! Nutrilight can give your health a boost in various areas. Nutrilight consists of LED lights that emit red light and light in the near-infrared spectrum. The wavelengths of light and Nutrilight's effects are perfectly tuned to provide the most and best health benefits without the risk of damage or other negative effects. The treatment is called red light therapy, abbreviated as RLT. The term photobiomodulation is also used in scientific contexts, and research has been conducted since the 1960s.

● Why Red Light Therapy?

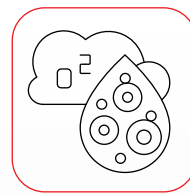
The combination of red light and near-infrared light affects the body in a potent way, as the red light reaches a shallow depth in the skin, while near-infrared light can penetrate deep into the body. Together, they provide a therapeutic effect that either type of light alone cannot achieve. Nutrilight emits two wavelengths, one with red light and one with near-infrared light. The light from Nutrilight influences so-called photoacceptors inside the body's cells. This leads to a range of health-beneficial effects. Currently, there are thousands of scientific studies demonstrating beneficial effects in various areas. Here are common applications for RLT:



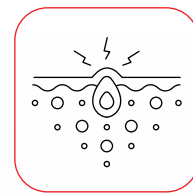
Physical performance



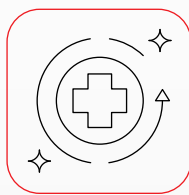
Mental performance



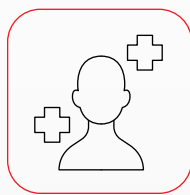
Increased oxygenation of tissues



Reduction of inflammations



Improved recovery after exercise



Enhanced healing of injuries



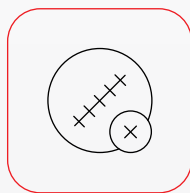
Rehabilitation after surgery



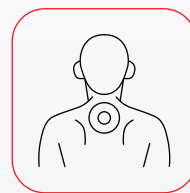
Increased production of collagen and elastin



Reduced pore size in the skin



Favorable effects on wound healing and scars



Pain relief



Improved mitochondrial functions

● How do I use Nutrilight?

It is easy and uncomplicated to use Nutrilight, and there are good basic rules on how you should use the lamp. The optimal is a session every day if you haven't been in direct sunlight and received your dose of RLT naturally. Here are the guidelines we endorse for the other days.

- Use the lamp at a distance of 20-30 cm.
- Expose the skin for 20-30 minutes per session.
- In case of pain conditions, it may be beneficial to split the exposure into two sessions, as the treatment has a direct pain-relieving effect for many.
- Use the lamp every day, and in time constraints, at least every other day.
- Nutrilight emits no harmful radiation, and normal use is therefore entirely without risks.
- Protective eyewear is not necessary when using Nutrilight. However, it may be uncomfortable to look directly into Nutrilight, so closing your eyes or using the included eye protection can be good for comfort.
- For the best effect, expose as much skin as possible, so the less clothing, the better. Dress as you would for a day at the beach!

Technical Specification

Model	The Fox
Nominal power	400W
Timer	0,4 kWh
Power consumption	0,05 kWh
Dimensions	30 cm (height) x 20 cm (width) x 30 cm (depth)
Weight	4 kg
Wavelengths	660 nm (red light) och 850 nm (near infrared light)
Material	aluminium



* Delivered with an adjustable foot.

● What do the buttons mean?



Timer

This sets the timer. Click your way up to 60 minutes, and then there is a "forever on" mode. If you click one more time, the timer restarts from 5 minutes.



Pulsing

This button sets whether you want pulsing during your session. You can choose between:

No pulse - P 0 is indicated on the panel,
1Hz - P 1 is indicated on the panel,
10Hz - P 10 is indicated on the panel,
145Hz - P 145 is indicated on the panel,
556Hz - P 556 is indicated on the panel.



ON/OFF

Near InfraRed (N) + Red (R) - N-R is indicated on the display.
Only Near Infrared (N) - NIR is indicated on the display.
Only Red (R) - RED is indicated on the display.

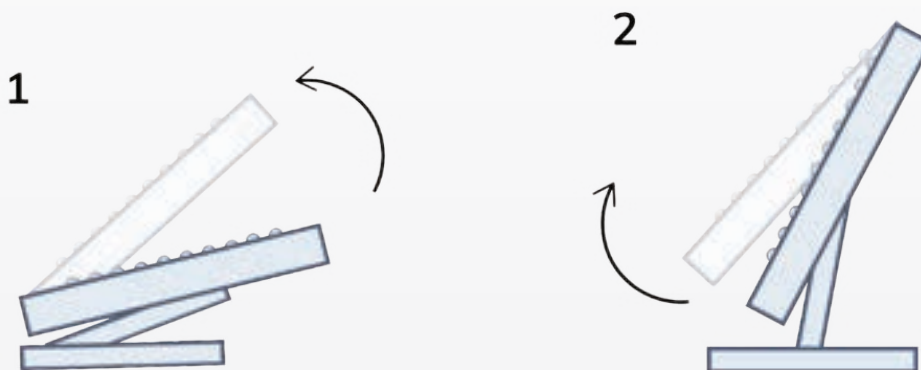


Brightness

Indicates brightness: You decide if you want to operate at:
Brightness level 25% - P 25 is indicated on the panel,
Brightness level 50% - P 50 is indicated on the panel,
Brightness level 75% - P 75 is indicated on the panel,
Brightness level 100% - P 100 is indicated on the panel.
We recommend operating at 100%.

● How do I unfold The Fox?

To unfold The Fox, place one hand on the lamp's base and then twist it upward as shown in the pictures below. The lamp may be a bit resistant to unfold, as it is designed to maintain its position throughout the entire treatment once you've adjusted it to your desired angle.



● How do I use the Fox?

- Plug the cord into the outlet and the back of the lamp. The display will light up and then show "OFF."
- Start by setting the program using the N/R button; you can choose between the following:
NIR = Near Infrared Light
RED = Red Light
N-R = Near Infrared and Red Light.

If unsure about the selected program, check the indicator lights on either side of the display. A yellow light on the left side indicates only near-infrared light, a red light on the right side indicates only red light, and both yellow and red lights on each side indicate both red and near-infrared light.

- After approximately 5 blinks of the selected program, the countdown timer will begin on the screen. Control the time with the clock button. We recommend using the lamp for 20-30 minutes per day. If treating multiple areas, divide the time (e.g., 10/10/10 or 15/15) to ensure at least 10 minutes per treatment area. For a single area, 20 minutes is sufficient for optimal effectiveness. The timer increases by 5 minutes per click on the clock button, up to one hour. After that, the display shows "ON," entering a forever mode where the lamp stays on until turned off with the N/R button or clicking the clock button again, restarting the 5-minute timer.
- The button with a sun symbol adjusts the brightness. We recommend always using P100, which is 100% brightness. However, if it feels too intense or if you are light-sensitive, you can adjust it. There are four brightness levels:
P25 - 25%
P50 - 50%
P75 - 75%
P100 - 100%
- The button closest to the left of the display allows you to set pulsing. There are different pulsing settings:
P0 - No pulse
P1 - Low pulse
P10 - Low/Medium Pulse
P145 - Medium/High Pulse
P556 - High Pulse

Tissues are affected to varying degrees by pulsed wavelengths between 10 Hz and 10,000 Hz. Slow pulses reduce nerve sensitivity by decreasing the production of Brinikin Lucitrin, necessary for transmitting pain signals. Moderate pulses stimulate endorphin production, while intense pulses stimulate mitosis and cell repair. Each program includes multiple pulse frequencies, including continuous waves designed for optimal organizational response to each preset indication.

Note: If you have epilepsy, use caution with this button as it involves flashing lights.

- Now you are ready for your treatment; just enjoy.

● What are the benefits of each program?

• Only Red light

Promotes Cellular Regeneration: Red light is known to stimulate the production of ATP (adenosine triphosphate) in cells, enhancing cellular energy and supporting the regeneration of tissues.

Collagen Production: It aids in the stimulation of collagen production, promoting skin health and reducing the appearance of fine lines and wrinkles.

• Only Near Infrared Light

Deep Tissue Penetration: Near-infrared light penetrates deeper into tissues, reaching muscles and joints. It can help reduce inflammation, alleviate pain, and enhance muscle recovery.

Cellular Repair: Promotes cellular repair processes, supporting overall tissue health and recovery.

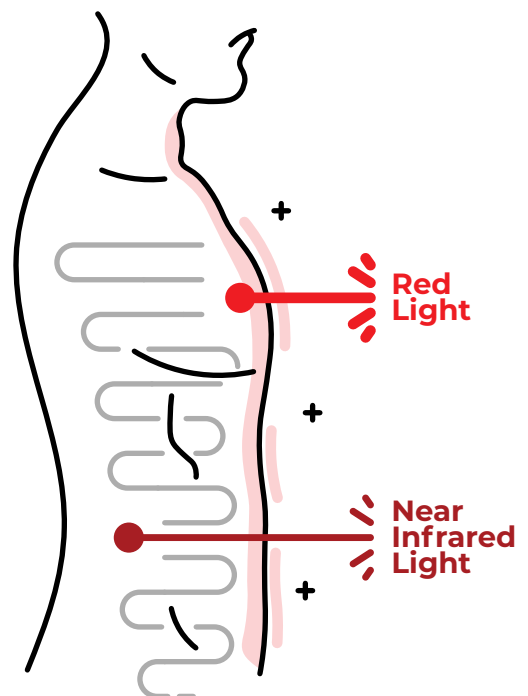
• Near Infrared Light and Red Light

Comprehensive Benefits: Combining both red and near-infrared light provides a comprehensive approach, addressing a wide range of benefits. It promotes cellular energy, collagen production, and deep tissue healing simultaneously.

Versatility: Suitable for individuals seeking a broad range of benefits for overall well-being and specific health concerns.

● When should I use each program?

- Only Red Light: Use for skin health, reducing wrinkles, and promoting cellular rejuvenation. Ideal for individuals focusing on cosmetic benefits.
- Only Near-Infrared Light: Ideal for those targeting deep tissue healing, muscle recovery, and pain relief. Suitable for athletes or individuals with specific muscle or joint concerns.
- Red and Near-Infrared Light: Offers a balanced approach, suitable for overall health and well-being. Use for comprehensive benefits, addressing both surface-level and deep tissue concerns.



● **Should I use high or low pulse?**

● **Low-Level Laser Therapy (LLLT):**

Cellular energy production: Low-intensity red light can stimulate the mitochondria in cells, increasing the production of adenosine triphosphate (ATP), which is the energy currency of cells.

Anti-inflammatory effects: LLLT may contribute to reducing inflammation by inhibiting certain inflammatory processes and promoting the healing process.

Pain relief: By influencing nerve endings and releasing endorphins, the body's natural pain-relieving substances, LLLT can contribute to pain relief.

● **High-Intensity Laser Therapy (HILT):**

Faster treatment time: High-intensity red light can deliver more energy to the tissue in a shorter time, resulting in faster treatment effects.

Deeper penetration: HILT has the potential to penetrate deeper into the tissue compared to LLLT, which can be advantageous for treating deep muscle layers and joint problems.



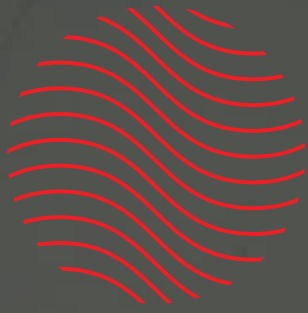
● **My lamp is not working, what do I do?**

First and foremost, you can start with some troubleshooting on your own:

Make sure the lamp is plugged into a power outlet and is securely in its socket on the lamp.

Check if the display is lit and provides any type of information (OFF, NIR, RED, etc.) - Remember that NIR light may appear as if the lamp is turned off, but you can see a faint red light if you look into the lamp.

If none of the above gets the lamp to work, feel free to contact our customer support at hello@nutrilight.se and send a picture or video so we can provide you with the best assistance.



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For more information, contact our customer service at hello@nutrilight.se

Our FAQ can be found via the QR code.



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